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RED LOBSTER GARLIC CHEESE BISCUITS (LIGHT) Recipe By :

Serving Size : 12 Preparation Time
:0:00

Categories : Breads Muffins Low-Cal

Amount	Measure	Ingredient	—
Preparation Method		——	——

2 c Minus 1 T flour

1 tb Plus 2 tsp baking powder 1/2 ts
Baking soda

1 Pinch salt

3 tb Stick margarine, chilled 3/4 c Low fat (1.5%) buttermilk 1 1/2 oz Sharp cheddar cheese, grated 1/4 ts Garlic powder

1. Preheat oven to 450F. Line baking sheet with parchment or waxed paper; spray with nonstick cooking spray.

2. In a medium bowl, sift together the flour, baking powder, soda and salt. Add 2 tablespoons of the margarine and

blend with pastry cutter until mixture resembles coarse crumbs. Add buttermilk and cheese; combine with fork, handling dough as little as possible. Drop by spoonfuls onto prepared baking sheet; bake until lightly browned, about 8-10 minutes.

3. While biscuits are baking, in a small microwavable bowl, add remaining tablespoon margarine; microwave on high until margarine is melted. Stir in garlic powder; set aside.

4. When biscuits are done, remove

from oven and brush margarine mixture evenly over the warm biscuits.

Remove from baking sheet and serve immediately.

Serving (1 biscuit) equals 3/4 fat, 1 1/4 bread, 15

calories. Per serving 83 calories, 2 gm pro, 9 gm carb, 4 gm fat, 338 mg sodium, 4 mg chol, 0 gm fib.